



Violence & Injury Prevention Criteria #1

Promote helmet use for skating, biking, skateboarding and riding scooters.



Definition: Promote the wearing of helmets for children and adults who take part in skating, biking, in-line skating and other wheeled sports. A helmet, when worn properly, can reduce the risk of brain injury in a bike crash by 88%.

Resources:

UDOH Violence and Injury Prevention

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Bicycle Safety Overview

www.health.utah.gov/vipp/bicycleSafety/overview.html

Local Health Department

SAFE KIDS Utah

www.utahsafekids.org

How To Promote Helmet Use

<http://www.minnesotasafetycouncil.org/bicycle/programs/promote/schools.cfm>

Assignments

School Coordinator Assignments

- Promote the wearing of helmets while riding bikes, skateboards, in-line skates and scooters
- Reward students who wear helmets
- Offer bike helmets at a discounted cost (get them through your Local Health Department for approximately \$7.50 each) to students, teachers, and parents



Violence and Injury Prevention #1 Ideas

- Teach students the importance of wearing helmets
- Teach students how to wear a helmet properly:
 - Eyes: The rim of the helmet should be 1 to 2 finger-widths above the eyebrows
 - Ears: The straps should form a "V" just beneath the ear lobe
 - Mouth: The buckle should be flush against the skin under the chin
- With help from your Local Health Department, host a bike rodeo
- Work with a local bike shop or distributor to sell helmets at a special event
- Distribute coupons for low-cost purchase of helmets
- Put posters in school hallways, classrooms, or the lunchroom
- Give presentations on helmets to elementary school classes
 - See these presentation ideas from the Minnesota Safety Council
<http://www.minnesotasafetycouncil.org/bicycle/programs/promote/present.cfm>
- Reward students who wear a helmet every time they ride
- Conduct a poster contest on helmet use and display posters at school, the local mall, city hall or city libraries
- Help parents understand that they are being good parents when they insist that children wear their helmets every time they ride
- Help parents understand that their personal helmet use not only protects them, but also serves as a model for their children's behavior
- Conduct an observation study for one week: Stand quietly at the bicycle racks and count how many children (out of the total number of bike/skateboard/skates/scooter riders) use helmets
- Do an activity for National Bike Safety Month in May